

SPA RITUALS

Moedim Day Spa is an urban oasis that combines today's innovative spa procedures with ancient spa rituals from past and present and from around the world. A safe and harmonious escape we are a holistic day spa integrating wellness and beauty. We hope you make us your holistic healing resource.

OUR TEMPLE RITUALS

Moedim Day Spa custom massages and signature services: Massages 60mins. start at \$60. and 90mins. start at \$80.

RELAXATION AND ANTI-STRESS MASSAGE

Our Traditional Massage (Swedish) –Helps you to inhale vitality and exhale stress. 60/\$60. 90/\$80.

Build your experience with these Add-Ons:

Deep Tissue (focuses on easing pain and tension) \$20.

Hot Stone Therapy (6 stones) \$18.

Body Toppings (our pure aromatherapy oils) \$10.

Avocado Oil and Shea Butter \$8.

Hot Towels \$10.

Hot and Cold Compress \$10.

Scalp Massage

Exfoliating Hand/Foot Scrub \$10.

TARGETED MUSCLE SPECIFIC

Neuromuscular - A focused and concentrated massage technique which applies specific alternating levels of pressure to release strain and relieve chronic pain patterns from within the muscles. 60/\$75. 90/\$105.

SPECIALTY MASSAGE

Inspired by ancient traditions....

Aromatherapy Massage - 60min., or 90min. Select your personal sensory journey with pure essential oils and experience a greater state of healing. 60/\$100. 90/\$140.

Hot Stone Therapy –This age-old healing therapy has history reaching back to ancient **Egyptians**. Stones possess powerful energies and have been used for centuries for healing, tools, heat, cooking, and building. Experience the ultimate feeling of stress-relieving and muscle tension melting away with this age old therapy. 90/\$120. Add dry brushing \$20.

Desert Storm Warming Massage - Ginger, peppermint, chocolate oils and capsicum. Create a sensational hot and spicy euphoric massage great for detoxification and circulation. This is the massage that take's it up a notch! 60/\$100.

COUPLE'S MASSAGE

Yin and Yang Couple's Massage - Candlelight, rose petals and our customized sensual aromatherapy massage will set the tone. 90/\$220.

Harmony Massage (side by side) Couple's one hour traditional (Swedish) massage offers a great way to introduce and share a unique experience with that special someone. So make it a harmonious moment! 60/\$130.

GLOBAL BODY CARE CENTER

WELLNESS

Aloe Vera Detox Wrap - Body wrapping is a pleasant and relaxing experience that begins with cotton linens soaked in a warm, toxin cleansing and penetrating aloe-herb solution. The end result? A gratifying and noticeable size loss of 4 to 15 inches! \$100. Sign up for a prepayment plan and receive a discount. 3-\$270.(save \$30.), 7-\$625.(save \$75.), 12- \$1,050.(save \$150.)

Infrared Wrap - Sweating is the body's safe and natural way to heal and stay healthy. Burn up to 700 calories per session while increasing oxygen, circulation and boosting the metabolism. 30/\$55, 60/\$100. Sign up for a prepayment plan and receive a discount.

30min. Infrared Wrap \$55.

60min. Infrared Wrap \$100.

Series of 3 wraps \$150.. (save \$15.)

Series of 3 wraps \$270. (save \$30.)

Series of 6 wraps \$300. (save \$30.)

Series of 6 wraps \$540. (save \$60.)

Series of 9 wraps \$445. (save \$50.)

Series of 9 wraps \$800. (save \$100.)

Dry Brushing - Helps detoxify, regulate metabolism and promote weight loss. Enjoy while relaxing on a heated table. 30/\$40.

BODY

African Skin Polish - Crushed wild apricot kernels blended with chamomile, vetiver and eucalyptus to cleanse, and vitamin E to protect and smooth. Removed with hot steamy towels this African recipe is a wonderful exfoliate, and hydrator for the skin leaving skin feeling silky smooth and clean. \$60.

"Back to Life" Back-cial - When is the last time your back received some TLC? Formulated specially for the back, this treatment uses nutraceutical grade grape extract to moisturize as well as nourish the skin. 50/\$75.

HANDS/FEET

Revitalizing Hand Ritual -A seven step nutrient treatment that combines honey, aloe vera, ginseng, blueberry and protein enhances the texture of the skin as it exfoliates surface skin cells. This is an excellent treatment for aging, chemically damaged, and weather chapped hands. 15/\$30.

"The Moon Walk" Foot Massage - This deep tissue foot massage relaxes and refreshes the whole body by applying pressure to reflex points on the feet; which are believed to correlate to specific areas of the body to help aid in the healing through increased oxygen, circulation and the releasing of toxins. 50/\$50 or 20/\$30.

Sole to Soul - Feet and hands are wrapped in hot towels; stretched and a lemongrass scrub is applied and rewrapped in hot towels. The scrub is removed and a hydrating cream is massaged into the feet and hands for a sole soothing sensation.

The Maji (water in Swahili) Nzuri (relaxation in Swahili) Foot Ritual is a 40-minute treat that starts with a 'welcome touch', followed by a delicious foot soak in juniper, tangerine and blue mountain sage, a dead skin exfoliation, Shea Butter moisturizer and a relaxing 20-minute massage. 40/\$60.

"Footloose" Foot Soak - Immerse your tired feet into a bath of soothing calendula flowers, and oils, and the energizing fragrance of rosemary oil and Bolivian Pink Salt from the Andes Mountain region of Bolivia. The salts help to restore the natural chemical balance of the skin. Give your tired feet the rest they deserve. 30/\$25.

Paraffin Bath - Improves the condition of chapped hands or feet with this soothing hot wax. \$12.

Eco-Fin Hand or Foot Treatment- Great for deep conditioning and hydrating the skin this natural paraffin alternative is made from all natural oils like jojoba, coconut, shea butter, vitamin E that nourish and apply penetrating heat to soothe joint pain and moisturize skin. \$25. for one on \$45. for both.

FACE

Feel revived and reveal your skin's natural glow with a relaxing facial, using only the best award-winning organic products. Our facials provide an enlivening and nourishing experience healing and freeing the natural beauty within. Our facials start with a consultation with a friendly and professional therapist who will discuss your specific requirements.

"Cool as a cucumber" Eye Refresher - Calms and soothes the skin around the eyes reducing puffiness. \$5.00

Purifying Palmarosa & Mahonia (Oily or Combination Skin)

This intensely purifying treatment that deep cleans the skin, drawing out congesting impurities, absorbing excess sebum, refining, calming and reducing the appearance of pores, for a clearer complexion. Mahonia's antibacterial and anti-inflammatory effect calms the skin leaving a matt complexion.

Rehydrating Damask Rose & Mallow Facial (Normal Skin) 60/\$65.

This nurturing facial targets fine dehydration lines, soothing, nourishing, smoothing and plumping while renewing skin's natural radiant glow.

Soothing Starflower & White Tea Facial 60/\$65.

A soothing, strengthening facial for sensitive skin. White Tea protects against the breakdown of elastin and collagen and Starflower has a cooling anti-inflammatory effect with hyaluronic acid to moisturise and calm a highly coloured skin tone.

Power Berry Brightening Facial 60/\$65.

Infused with potent Antioxidants to revitalise the skin and protect against free radicals. The skin's natural radiance is boosted with vitamin C, Acai, bilberry, blueberry, goji berry and cranberry. African Stargrass which has been scientifically proven to brighten the skin is used to help correct uneven skin tone which can result from hormonal changes, age and sun exposure. Suitable for all skin types except sensitive.

Men's Facial 60/\$65. Organic essential oils are used to deeply hydrate and strengthen the skin from environmental damage and to calm the skin from regular shaving. A hot towel steam is used to decongest when needed and a relaxing neck, shoulder and scalp massage is included.

Organic essential oils are used to deeply hydrate and strengthen the skin from environmental damage and to calm the skin from regular shaving. A hot towel steam is used to decongest when needed and a relaxing neck, shoulder and scalp massage is included.

Rejuvenating Frankincense Face & Neck Treatment 90/\$95.

Our rejuvenating facial uses our award-winning anti-ageing treatments to intensely nourish, firm and tone the skin, smoothing and reducing the appearance of baggy skin and fine lines.

EXPRESS SERVICE BAR

Head, Neck & Shoulder Massage - This massage focuses on the shoulders, neck and head the area's most vulnerable to stress and tension. 30/\$45.

Express Facial - Cleanse, exfoliate, moisturize and perform minor extractions. 30/\$45.

Mini Massage - Receive a mini massage or a mini facial (cleanses, exfoliates & moisturizes) for 15/\$30. or both for \$55

PACKAGES: add \$16.00 to any package to include lunch.

Oxygen - You will take a deep breath and breathe a sigh of relief and release with this healing package which includes a one hour Earth grounding massage infused with Sandalwood, Ylang Ylang, Patchouli and Rosemary, a one hour Wild Rose Facial renewing your skin to a radiant glow, Maj Nzuri a motherland cleansing foot ritual, a 20 min. Revitalizing Hand Ritual to save your hands and help fight the signs of aging and a 10min. Aromatic Scalp Massage to bring clarity to the mind. This package also includes lunch.
3hrs.10mins./\$

Fire - Full body pampering with hot healing stones and Organic Ginger Oil on a heated table, a luxurious foot and an Aromatic oil scalp massage completes the experience. 1hr.40mins./\$190.

Wind - Energize, purify and uplift your body with the aromatherapy-infused frankincense and Mandarin Orange body scrub treatment, full body massage, body brushing, and polishing ends with a ginger, clove and lemongrass pure oil blend. 2hrs.20mins./\$155.

Earth - 30min Deep Cleansing Facial, Head, Neck and Shoulder Massage, a Hand and Foot Treatment will help you leave behind the stressful world and walk into our oasis of pampered luxury. 1hr.20mins./\$120.

Pumuzika (meaning to relax) - One hour Frankincense Facial enhanced with elasticity-boosting plant extracts, to visibly firm and moisturize skin, One hour Swedish Relaxing Massage and 30-min. Foot Detox dispel toxins from tense, knotted muscles and improves blood circulation.

Twilight Zone - Pampering Swedish Massage with Organic Ginger Oil and warm healing stones . Next, nourish and relax inside a warm cocoon while a luxurious foot and scalp massage complete the experience. 90/\$139.00

Please have your credit card on hand to guarantee Website and Internet Rates. Website and Internet Specials may not be available on same day appointment bookings. All rates are subject to change unless prepaid at the time of booking. A fifty percent service fee is charged to your credit card for no-show or cancellations (of non group and spa party booking) without a 24-hour notice.